

Strategies to overcome Maths anxiety:

Learners: take your time when doing Maths

Tutor: create a "no pressure" atmosphere

Positive reinforcement

Make Maths fun!

Reflective and collaborate approach (learners share and discuss strategies)

Start with basic tasks, slowly increase difficulty

Offer small, bitesize tasks

Set realistic expectations and achievable goals, take one step at a time

Focus on own achievement, don't compare yourself to others

Learner led (need to be ready to move on to the next step)

Change mindset: I CAN get better at Maths / I can't do Maths YET

Overcome Maths myths such as:

- Maths means speed, you need to be quick when calculating
- Some people are naturally bad at Maths
- Men are better at Maths than women

Write information down when making a calculation (less pressure on working memory)

Indirect strategies:

- Relaxation techniques (breathing exercises)
- Reframe anxiety (write down worries, expressive writing)

What is Maths anxiety?

<https://bit.ly/TEDmathsanxiety>

Sources:

National Numeracy: <https://www.nationalnumeracy.org.uk/>

Derby research group: <https://marg.wp.derby.ac.uk/>

Oxford learning: <https://www.oxfordlearning.com/what-is-math-anxiety/>

Australian research: <https://bit.ly/Ausresearchmaths>